



# Creamy Sweet Potato & Acorn Squash Soup

Super thick. Super creamy. This Sweet Potato & Acorn Squash Soup recipe, featuring Bison Sour Cream, uses simple, seasonal ingredients and makes for the perfect cozy bowl of soup.

Servings	Prep Time	Cook Time	Total Time
5	5m	40m	45m

## Ingredients

- ½ cup Bison Sour Cream
- 1 small acorn squash, cut in half and seeded
- ½ large sweet potato, washed, peeled, and cubed
- 2 Tbsp olive oil
- 2 celery stalks, diced
- 1 large carrot, peeled and diced
- ½ yellow onion, peeled and diced
- 1 Tbsp crushed garlic
- 1 tsp sea salt
- ½ tsp black pepper
- 1 tsp fresh or dried sage
- ½ tsp paprika
- 4 cups chicken or vegetable broth

## Instructions

1. Preheat oven to 350°F and line a large baking sheet with parchment paper.
2. Toss sweet potato in 1 Tbsp of olive oil and place on one side of baking sheet. On the other side, place the acorn squash halves, hollow sides down, and bake for 30 minutes or until fully cooked.
3. While squash and sweet potatoes are baking, heat a medium-to-large pot and add remaining olive oil. Sauté onion, carrot and celery until tender. Add garlic and spices, and continue to cook for another 2-3 minutes.
4. Add broth and simmer 10-15 minutes. Turn off the heat.
5. Remove baking sheet from oven and allow to cool for several minutes. Scoop out the inside of the squash.
6. Add sweet potato and squash to the pot. Use immersion blender to combine until soup is thick and creamy.
7. Finish by stirring in the Bison Sour Cream.
8. Serve immediately with a dollop of Bison Sour Cream on top. Enjoy!

